



DECEMBER 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 BF Support Group Allegany County Health Department- 1:00-2:30PM Call (301)759-5022 to register. Free weight check for baby, information; meet other mothers and babies	10	11	12	13	14
15	16	17 Breastfeeding Class @Western Maryland Health System	18	19	20	21
22	23	24	25	26	27	28
29	30	31	For breastfeeding information and assistance, call (301) 759-5020 and ask for Breastfeeding Specialist. (Allegany)		Breastfeeding Services: Prenatal Breastfeeding classes Breastfeeding Support group. Call the WIC Office at 301-759-5020	



JANUARY 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For breastfeeding information and assistance, call (301) 759-5020 and ask for Breastfeeding Specialist. (Allegany)			1	2	3	4
5	6	7	8	9	10	11
12	13 BF Support Group Allegany County Health Department- 1:00-2:30PM Call (301)759-5022 to register. Free weight check for baby, information; meet other mothers and babies	14	15	16	17	18
19	20	21	22	23	24	Breastfeeding Services: Prenatal Breastfeeding classes Breastfeeding Support group. Call the WIC Office at 301-759-5020
26	27	28 Breastfeeding Class @Western Maryland Health System	29	30	31	



FEBRUARY 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For breastfeeding information and assistance, call (301) 759-5020 and ask for Breastfeeding Specialist. (Allegany)	Breastfeeding Services: Prenatal Breastfeeding classes Breastfeeding Support group. Call the WIC Office at 301- 759-5020					1
2	3	4	5	6	7	8
9	10 BF Support Group Allegany County Health Department- 1:00-2:30PM Call (301)759-5022 to register. Free weight check for baby, information; meet other mothers and babies	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Breastfeeding Class @Western Maryland Health System	26	27	28	